



# Mental Health Temperature Checks

*Two-Four Questions Max*



## **Monday:**

*Need Anything?*

- Does your family need food or supplies?
- Does your family need help paying bills?
- What did you have for breakfast/lunch/dinner?
- How (many hours) did you sleep?
- What time did you go to sleep?
- What emotions are you feeling about not being with your friends?
- Are your parents working?/From home?
- What type of difficulties are you having keeping in touch with others?
- What is it like being at home all the time?
- How is your stress level?

## **Wednesday:**

*How is it going?*

- How are things at home?
- Anything we should know to better support you/your family?
- How are you keeping in touch with friends?
- How are you helping out around the house?
- What is one new thing you have learned this week?
- What is one fun thing you have done today?
- What is one positive thing that has happened over the last week?
- When stores/restaurants open back up, where is the first place you want to go?
- What is one thing you miss about school/community/in general?
- Where is the place you like to do your school work at home? Describe it.
- How is learning different at home?
- How do you like eLearning/online?
- What do you like most about eLearning/online learning?
- What do you like least about eLearning/online learning?

## **Emergency Learning CORE Support**

For students:

- Temperature Checks
- BE Student Expectations
- Daily SELs
- Counselor Classrooms
- Social Stories with Social Workers\*

For staff:

- Support Groups
- Anonymous Check-ins
- Phone calls
- On Demand Care Package

